



# Quick and Easy Breakfasts

September 2017



## Overnight Oatmeal

Yields: about 4 servings

1 cup steel cut oats	1/2 tsp salt
4 cups water (and/or milk)*	1/4-1/3 cup your favorite nuts, chopped
1/2 tsp cinnamon	1/4-1/3 cup your favorite fruit (dried or fresh)

Place oats and water in a saucepan. Bring to a boil for 1 minute. Turn off heat, cover and let stand overnight at room temperature. (\*If using milk, let cool, then place in refrigerator.) The next day, uncover the oats and add the cinnamon and salt (if using). Bring to a boil over high heat. Reduce the heat to low and simmer, stirring frequently, until the oatmeal is cooked and creamy but slightly chewy, about 5 minutes. Spoon the oatmeal into bowls and top with your favorite nuts and fruit.

## English Muffin Egg Pizzas

Yields: about 4 servings

Recipe adapted from [realsimple.com](http://realsimple.com)

4 whole wheat english muffins	grated mozzarella and parmesan cheese
extra virgin olive oil	dried oregano and/or fresh basil
tomato slices	sea salt
4 hard boiled eggs, sliced (do ahead)	

Toast English-muffin halves and place on a cookie sheet. Drizzle each with olive oil, then layer on tomato slices, hard-cooked egg slices (1/2 an egg each), and a little grated mozzarella. Sprinkle with oregano or basil and salt. Broil 5 minutes or until the cheese melts.

## The Greenest Smoothie

Yields: about 2 servings

Recipe adapted from [epicurious.com](http://epicurious.com)

1 banana, frozen, cut into 1" pieces	2 tablespoons flaxseed oil
1 cup frozen pineapple pieces	1 teaspoon maple syrup - optional
1 cup fresh parsley, spinach, or kale	1 teaspoon matcha (green tea powder) - optional
1 cup unsweetened almond milk	1/2 teaspoon finely grated peeled ginger
2 tablespoons almond butter	

Purée banana, pineapple, greens, almond milk, almond butter, flaxseed oil, maple syrup, matcha, and ginger in a blender. Sweeten with more maple, if desired.



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Visit [www.wisdomkitchen.com](http://www.wisdomkitchen.com) for details, free recipes and cooking class schedule.

## Rita's Granola

Yields: about 5 cups

- 2 cups rolled oats
- 1 heaping cup of chopped nuts (walnuts, hazelnuts, almonds, pecans, brazil nuts)
- 1/4 cup seeds (sunflower seeds, pumpkin seeds)
- 3/4 cup unsweetened shredded coconut
- 1 teaspoon ground cinnamon
- 3 tablespoons maple syrup
- 3 tablespoons coconut oil
- 1 1/2 cups dried fruit (raisins, cranberries, golden raisins, cranberries, chopped apricots)

Preheat oven to 350°F. Combine oats, nuts, seeds, coconut and cinnamon in a large bowl. Combine maple syrup and coconut oil in a small bowl. Pour the coconut oil mixture over the oat mixture and stir to combine. Divide the mixture evenly among two sheet pans that have been covered with parchment paper and spread mixture over the entire pan. Place pans on racks in the middle of the oven and allow to bake for about 15-20 minutes. Every 5 minutes stir and flip the granola to ensure even browning, making sure to spread the mixture out to the entire surface of the pan. When the granola is fragrant and golden brown, remove from the oven and stir in the dried fruit. Enjoy immediately while warm or allow granola to cool before storing in an airtight container.

## Feta, Spinach and Basil Omelette Muffins

Yields: about 1 cup

Recipe adapted from [epicurious.com](http://epicurious.com)

- Olive oil for greasing the muffin tin
- 8 large eggs
- 8 sun-dried tomatoes, roughly chopped
- Large handful of baby spinach, roughly chopped (about 2 Tablespoons)
- Good pinch of freshly grated nutmeg
- 1/2 cup feta cheese, roughly broken into bite-sized pieces
- A few fresh basil leaves
- Sea salt and freshly ground black pepper

Preheat the oven to 325°F. Grease 8 holes of a muffin tin with oil and set aside. Put the eggs, tomato, spinach, nutmeg and salt (just a little bit as the feta is very salty) and pepper into a large bowl and whisk together until combined. Divide the mixture evenly among the 8 muffin holes and then sprinkle over the feta cheese. Bake in the oven for about 20 minutes or until the muffins have risen slightly, are firm to the touch. Then, remove from the oven and leave to cool a little.